

UCOOK

Lamb & Cranberry Balsamic Reduction

**with roasted smoked paprika potato
rounds**

Great food is a gift, and today's meal will make your tastebuds think it's Christmas, Chef! Smoky paprika-spiced potato rounds are oven roasted until golden, then dished up with a juicy lamb chop, generously covered in a honey-balsamic, cranberry & pecan nut sauce. An onion & spinach side wraps this tasty present up for all to enjoy.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Adventurous Foodie



Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

200g	Potato <i>rinse & cut into 1cm rounds</i>
5ml	Smoked Paprika
175g	Free-range Lamb Leg Chops
15ml	Lemon Juice
1	Garlic Clove <i>peel & grate</i>
20g	Dried Cranberries <i>roughly chop</i>
15g	Pecan Nuts <i>roughly chop</i>
45ml	Honey-balsamic <i>(15ml Balsamic Vinegar & 30ml Honey)</i>
1	Onion <i>peel & roughly slice ¼</i>
40g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. ROAST Preheat the oven to 200°C. Spread the potato rounds on a roasting tray. Coat in oil, the smoked paprika, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. MARINATE Pat the lamb dry with paper towel and season. In a bowl, combine the lemon juice, the grated garlic, and a drizzle of oil. Add the lamb chops, toss to combine, and set aside in the fridge.

3. SAUCE Place a small pot over medium heat. Add 10g of butter, the chopped cranberries, the chopped pecans, the honey-balsamic, and a splash of water. Simmer until slightly reduced and the cranberries are soft, 3-4 minutes. Remove from the heat, season, and cover to keep warm.

4. LAMB CHOPS Place a pan over medium-high heat with a drizzle of oil. Remove the lamb chops from the marinade, reserving the marinade. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the reserved marinade. Remove from the pan, season, and rest for 5 minutes.

5. SPINACH Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, fry the sliced onions until soft, 2-3 minutes. Add the rinsed spinach and fry until wilted, 2-3 minutes. Remove from the heat and season.

6. TIME TO EAT Plate up the smoked paprika-potato rounds. Side with the lamb chops and the spinach. Pour the cranberry sauce over the lamb chops. Well done, Chef!



Chef's Tip

Air fryer method: Coat the potato rounds in oil, the smoked paprika, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	733kJ
Energy	175kcal
Protein	6g
Carbs	17g
of which sugars	7.4g
Fibre	2.3g
Fat	9.5g
of which saturated	3.4g
Sodium	28mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days